

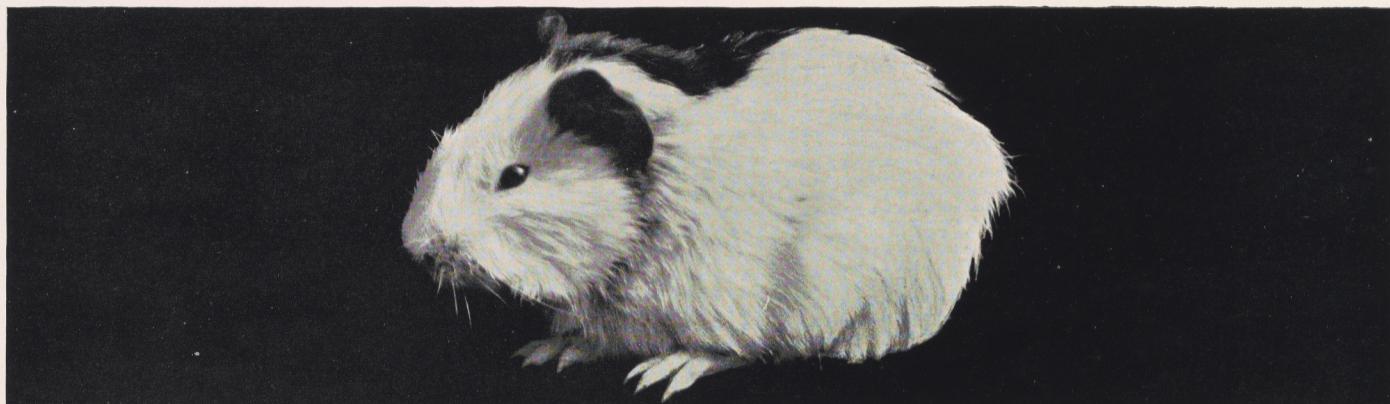
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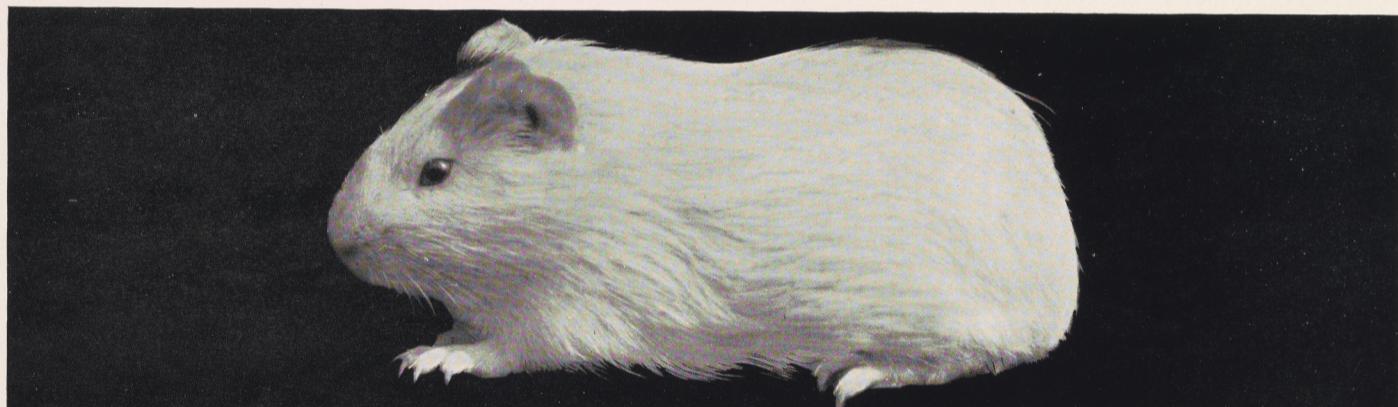
Vitamin C

For Healthy Gums and Teeth

Guinea pigs of the same age



This one had no vitamin C and developed scurvy. Note the rough fur and crouched position due to sore joints



This one had plenty of vitamin C. It has sleek fur and is healthy and alert

Good Sources of Vitamin C



Fresh fruits, especially citrus fruits
Tomatoes, fresh and canned
Fresh vegetables, especially cabbage
Sprouted legumes